WHAT IS CLAIMED IS:

- 1. A food waste disposer comprising:
 - an upper food conveying section including a housing to receive food waste;
 - a motor section including a motor to impart rotational movement to a motor shaft;
 - a central grinding section disposed between the food conveying section and the
- motor section, the food conveying section conveying food waste to the grinding section, the grinding section including a grinding plate;

an inlet portion having a water injection inlet, the water injection inlet capable of forming a water baffle in the inlet portion when the motor imparts rotational movement to the motor shaft.

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- 2. The food waste disposer of Claim 1, wherein the inlet portion is integrally formed as part of the housing of the food conveying section.
- 3. The food waste disposer of Claim 1, wherein the inlet portion is separate but attached to the housing of the food conveying section.
 - 4. The food waste disposer of Claim 1, wherein the water baffle extends substantially across the inlet portion in a generally horizontal plane.
- 5. The food waste disposer of Claim 1, wherein the food waste disposer further includes a water valve connected between the water injection inlet and a pressurized water source.
 - 6. The food waste disposer of Claim 5, wherein the water valve is controlled by a solenoid or actuator.
 - 7. The food waste disposer of Claim 1, wherein the water injection inlet includes a nozzle.

8. The food waste disposer of Claim 1, wherein the food waste disposer further includes a secondary baffle made of a flexible material, the secondary baffle in fluid communication with the water injection inlet.

- 5 9. A food waste disposer comprising:
 - a tubular food waste inlet portion;
 - a motor section including a motor to impart rotational movement to a motor shaft;
 - a central grinding section generally disposed between the tubular food waste inlet portion and the motor section, the tubular food waste inlet portion conveying food waste to the grinding section, the grinding section including a grinding plate;

a water injection inlet attached to the tubular food waste inlet portion, the water injection inlet in fluid communication with a water source when the motor imparts rotational movement to the motor shaft to form a water baffle in the tubular food waste inlet portion.

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- 10. The food waste disposer of Claim 9, wherein the tubular food waste inlet portion is integrally formed as part of a housing of the food waste disposer.
- 11. The food waste disposer of Claim 9, wherein the tubular food waste inlet portion is separate but attached to a housing of the food waste disposer, the tubular food waste inlet portion made of a flexible material.
 - 12. The food waste disposer of Claim 9, wherein the water baffle extends substantially across the tubular food waste inlet portion in a generally horizontal plane.

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- 13. The food waste disposer of Claim 9, wherein the food waste disposer further includes a water valve connected between the water injection inlet and the water source.
- 14. The food waste disposer of Claim 13, wherein the water valve is controlled by a solenoid or actuator.

- 15. The food waste disposer of Claim 9, wherein the water injection inlet includes a nozzle.
- 5 16. The food waste disposer of Claim 9, wherein the food waste disposer further includes a secondary baffle made of a flexible material, the secondary baffle in fluid communication with the water injection inlet.
- 17. A method of reducing noise in a food waste disposer, the food waste disposer having a motor section, a grinding section, and an inlet portion, the inlet portion having a water injection inlet, the method comprising the steps of:

activating a motor in the motor section to provide rotational movement to a grinding mechanism in the grinding section; and

injecting water through the water injection inlet to create a water baffle inside the inlet portion.

- 18. The method of Claim 17, wherein the activating and injecting steps are performed simultaneously.
- 19. The method of Claim 17, wherein the water baffle extends substantially across the inlet portion in a generally horizontal plane.
 - 20. The method of Claim 17, wherein the water injection inlet has a nozzle.
- 21. The method of Claim 17, wherein the food waste disposer further includes a secondary baffle made of a flexible material, the secondary baffle in fluid communication with the water injection inlet.